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A LEARNING NEWSPAPER FOR JOURNALISM STUDENTS



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MONDAY, OCTOBER 3, 2011

CONESTOGA COLLEGE, KITCHENER, ONT.

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43RD YEAR - NO. 13

Predators make CJFL debut

By STEPHEN BROWN

The new kids on the block of the Great North Junior Football League (GJFL) are looking for attention and their starting to get it.

The Terry Fox Predators are a new team in the CJFL, making their debut this season after being awarded the franchise in February 2011. It might take a while for the Predators to be the hottest ticket in town, but the first offer believes that day will come.

"Our long-term goal is to be the Kitchener-Waterloo franchise," said Jim MacArthur, director of football operations and president of the Terry Fox Major League Football Association.

Terry Moroney, media coordinator of the team, thinks they can fill those shoes quickly.

"Knapton has always been a hot team for years since the team became more prominent in the community."

"It's really a regional team," she said. "There's no team that everybody can get behind and that's really the goal."

The Predators and the GJFL give other players from CJFL the chance to continue playing a highly competitive brand of football even if they choose to take a different route, such as university. This means the players who decide to attend college or enter the workforce can enter the workforce and continue playing the sport they love. There are even more than one and one can university students who choose to play in the CJFL, rather than Canadian Interuniversity Sport (CIS) to

get more playing time. MacArthur believes the skill level of CIS and CJFL are comparable.

The team's objectives and goals are not to differ, it's just that they have the resources to develop the talent," he said.

According to MacArthur, giving young men an outlet to release their aggression on the football field rather than in a bar or on the streets is available.

"What every young man of the 20 something variety has in his mind, MacArthur tried to be a warrior and that's going to come out," said MacArthur. "In the field, out of jail."

Predators owner and Co-Manager, Jack Gilman, said he missed football a lot after taking a year off after high school and loves playing for the Predators.

"Coming out here after school, I was out to blow off steam and for people in a small town, it's a great environment," said Gilman. "It's just so much fun."

MacArthur is proud of the team's history as hard as they have to be for this season. He believes that they start to bond with each other, the more they play together.

"If you're ever playing the same team, football you will stand that you're proud to go to war for your team," he said. "The stronger the bond between you and your team, the stronger the commitment to go to war with us."

Predator players are the property of the CJFL's Toronto Argonauts, meaning they can send players to the Argonauts



Photo by STEPHEN BROWN

Starting quarterback, Cory Prince, gets ready to throw a deep pass in the Predators practice on Sept. 20 at Centennial Stadium in Kitchener.

make camp every spring. The Argos are also able to call players up during the season if they need a player due to injury. The CJFL has more than 100 players in all in the CJFL, and have successful careers including Peter Dinko, Tony Stewart and Larry Wryck.

Mike Dinko, recruiting coordinator, thinks there are a few players on the team with CJFL experience and would like to see that come to fruition in the future.

"Good ones and CJFL experience are two different things," said Dinko. "I'd like to think there are a few that we would like to see, but it's up to the coaching staff to make that decision."

When it comes to recruiting players to the CJFL and NFL, Dinko says that college scouts are usually looking at the CIS level for high end players.

Once the CJFL gets more momentum, MacArthur thinks this will change.

"The community, football players and fans, we'll get more interest," he said.

Since there are no formal scout handbooks in the CJFL, Dinko has found players from all over including Minnesota, Wisconsin, Colorado, Ohio, Kansas and the surrounding area. There are currently eight players from Co-Manager in the Predators and Dinko believes that college scouts will be looking for the best players for their teams. Dinko is currently looking for players for the Predators and the Argonauts.

Being a Predator is more than just being a football player. It's about being part of the community which is extremely important word on Terry Fox Predators and players have been involved in

many charity fundraisers including the Terry Fox Run and delivering donated goods.

"These guys know that part of being a Predator is being a part of the community and giving back to the community," said Moroney.

The CJFL is a three division league and has been around since 1988. There are 28 teams in three conferences including the BC Football Conference (BCFC), the Prairie Football Conference (PFC) and the Ontario Football Conference (OFC) where the Predators play. The champions from each conference battle for the national championship, the Canadian Bowl.

For more information on the Predators, visit www.predatorsfootball.com.

For additional story and photos, see Page 14.

Here are your Kitchener-Conestoga candidates

By STEPHEN BROWN

A little controversy is sure to be celebrated, but on this date many might disagree.

The county provincial election results, however, are not the only election in the county. There are also elections in the county for the Kitchener-Conestoga candidates.

When you entered the election for the Kitchener-Conestoga candidates, you entered the election for the Kitchener-Conestoga candidates.

College students on Sept. 10 are not just their vote on Oct. 1 between 9 a.m. and 9 p.m. at their assigned poll.

For students in residence, that is at St. Paul's School, and those who live at other locations, they should have received information on their poll in the mail.

Although the polls at Conestoga College were cancelled due to the support worker strike, Kitchener

Conestoga requested the aforementioned poll for last day.

William Fournier is the returning officer for the Kitchener-Conestoga election, in which Kitchener-Conestoga College students

That means that in the end of the election, he made the decision, which says which one should have the most votes and will be the MP.

But he doesn't decide who is



Photo by STEPHEN BROWN

Robert Ross, Green Party of Canada Party Platform.

It is certain that the 2011

county election

■ Harriet's self, affordable entry

■ From the county to the city

■ David's strong lead from the county to the city

■ Government that will be the county to the city

■ Government that will be the county to the city

Continued on Page 14

Now deep thoughts ... with Conestoga College

Random questions answered by random students
What planet would you be and why?



"Saturn because it has all the cool rings around it."

Sarah Williams,
first-year
public relations

"Reptiles because it is the furthest (and) closest to the other planets."

Rob Symes



"Mike Lawrence is a man and I like warmer climates."

Mike Lawrence,
first-year
business humanities

"Saturn"

Michelle Armstrong,
first-year
integrated marketing
communications



"Saturn"

Alex Paine,
first-year
integrated marketing
communications

"Mars, there's some thing about it, it's mysterious and interesting."

Kyle Lamb,
third-year
accounting



Don't Conestoga, you could be on the next episode!

Costume contest



Students urged to vote

By JAMIE WYMAN

I'd really urged people to "vote or die" New Conestoga Students Inc. will try its own methods to get students to vote. These new campaigns has the same optimistic slogan of "vote for you and your future."

The campaign, which starts today, will focus on the impact that your vote can have when you cast a ballot in the provincial election this Thursday.

"Vote students think that if they don't vote it doesn't affect them," said CNA press rep, Chris Brown.

No matter who they vote for, we want them to understand the importance of voting."

The campaign will use several methods to try and get students involved such as a promotional video displaying Conestoga students being asked about the upcoming election.

Posters have also been placed throughout the school for the week leading up to the election telling students, "If we voted, every provincial riding could be decided by students," hoping to spark further student interest in voting.

"We are encouraging students to understand that voting is not voting efforts that put their future and then their education, jobs for them when they leave. The premise of our campaign is to get students to think what are you voting for and to get students to understand they should vote for you and your future," said Brown.

This coincides with campaigns by the Dal.ca Undergraduate Student Alliance and the College Student Alliance who, combined, represent over 150,000 Ontario college and university students.

CNA is a member driven advocacy and student leader ship organization which serves Ontario college and university students.

CSA represents the interests of full-time and part-time

university students at non-profit conventions across Ontario.

Both lobby the government on behalf of students.

For more information about these running and what

issues they stand for visit their website or go to www.dal.ca/cna to learn more.

For more information about CNA's campaign go to www.conestogastudents.com

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Picket line becomes front line

By ANDREW SHAW

Conestoga students breathed sighs of relief Sept. 19 when they woke up to news that the strike was over after the Ontario Public Service Employees Union and the 34 colleges had reached a tentative agreement.

Now that the strike is over, we can look back at what took place where it mattered most, right on the front line. On the picket line, everything appeared peaceful and civilized as the strike worked itself out, but was it smooth, was it really peaceful?

That depends on what your idea of peaceful is. Some students were infatuated with what took place, particularly being held up in traffic while the picketing occurred. Staff stopped work, out to explain what was going on and handing out flyers. Ticked off, you didn't look to Facebook.

For the most horrifying events didn't involve social media but rather students on site. Two pickets were injured after being struck by vehicles.

One incident involved Ryan Connell, a Student Life programmer who was seriously injured as a result of the January

Campaign at the college. He was hit by a vehicle as he attempted to approach it, then, as he laid on the ground, rather than make sure he was OK, the driver drove off.

The car is described as being either a silver Honda or Honda.

"The car took off right away, so it was a hit and run," said Connell. "The police were called and a report was filed." When asked about what kind of injuries he suffered as a result of the incident, Connell was just happy that it didn't end up being a whole lot worse.

"My body was bruised. We went to the Urgent Care Clinic right away. There were no breaks, just soreness and stiffness for a few days, but the pain was never awful due to spine health," Connell said.

The human plate was rounded but Connell is unsure of whether or not he wants to press charges when the driver is found.

"The really worrying to it, I don't want to jeopardize somebody's future. I have a lot of sympathy for the student picketers," he said.

He also wanted to ensure



Photo by ANDREW SHAW

Ryan Connell, Student Life programmer, didn't get the respect he deserves following a hit and run that took place Sept. 20 while he was on the picket line.

the student body that there were a lot of Conestoga staff who stood against striking and didn't want it to come to that.

Conestoga College president

John Tibben said, "It was obviously unfortunate, I don't know enough about the details. Obviously Ryan is a highly valued employee and we hope he's fine and we'll do

everything we can to find out how this happened and who was driving the vehicle."

Tibben added he is happy to see the strike end and to have staff back at work.

Conestoga's EMS program gets radical revamp

By BYRON SMITH

There's a shiny new building at Conestoga, and it might just give your life.

The Emergency Medical Services Building at Conestoga major was completed over the summer and it has a lot to offer.

"It's a co-operation between Waterloo Region and

Regional Emergency Medical Services (REMS) and Conestoga College," said John Tait, the program's architect for the paramedic program.

"It's an active station, but there's space in there for our paramedic program vehicle, so we have an ambulance, and the paramedic vehicle, so there's a fire truck in there too."

"It's a way that we can train the students for our paramedic students. When we teach our theory, it'll be through that station, and they will also do their practical there, he said.

Those students can be co-operators with the police, fire, security and investigation program and the pre-fire services program.

"We may set up a scenario,



Photo by ANDREW SHAW

Paramedic program coordinator John Tait stands beside Conestoga's new ambulance inside the new EMS building on the Conestoga campus.

like an explosion, where all those of us have to respond," said Tait.

That part of the college philosophy is to have a student from just anywhere to be close to the real thing as possible, so they have good experience.

The students have access to both college vehicles, as well as the facilities inside the garage but they can't access the crew quarters. Tait said that the main reason for that

is to avoid interfering with the operations of the other personnel.

This station is the 10th EMS station in Waterloo Region, and according to John Tait, chief of the Waterloo Region EMS, it will be quite an asset.

"It will improve response times significantly in the south end (of Waterloo)," he said.

"We expect at least a five minute reduction."

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It's cars vs. bicycles

By MICHA SCHIRM

When there is a collision between a bicycle and a car, the car always wins.

While many students choose to ride their bicycles to school as an effort to go green, the decision to get the pedal to the metal and save gas money for lunch is purely about economics.

Whether you buy brand or big brand, the bottom line remains the same: riding your bike to school can be easy and very dangerous at times. It always seems that the supposed safety rule, go slow, watch out, and you end up feeling like you're stuck in a Maelstrom impossible storm, jumping into the inevitable head to head.

Several weeks ago a 16-year-old boy riding his bike was struck on Parkway Road in Rochester. He died from his injuries.

Ken Schmitt, cycling coordinator for Rochester, urged cyclists to learn from the incident.

"Cyclists have a responsibility to follow the rules of the road," Schmitt said while noting that the boy did not have enough brakes on his bike, that the area does not always feel windy on this cyclist. "But the driver and the cyclist have a legal responsibility and a moral responsibility to prevent everyone in harm."

Bill Davis, assistant mayor chair of the Waterloo Region Council and active cycling blogger of 28 years, said he suspects many cyclists think they have the right of way over motor vehicles.

"We as cyclists who play a game or stop without signaling are just as likely to be involved in an accident as motorists who behave correctly."

Education is the key, as both Davis and Schmitt both advocate in Waterloo Region. One-on-one programs are sponsored through the agency promotion section of Waterloo Region Public Health and aim to educate those over the age of 16 on the rules of the road and cyclist conduct.

The legal system: Get a bike horn. Bicyclists are also given. Bicyclists possess your bike with traffic. There are a lot of Car Bikes also riding your interests be found as they require, were possible too.

The conflict and potential when riding — where you believe like a vehicle, motorists will respond in your as if you drive one of them," Davis said.

At the end of the road, if you decide to retreat and back to your home it's a victory both you and drivers can share in.



Going green can cost you your life

Is this the second coming of the baby boom?

You see them everywhere you drive over land between Waterloo, you know them.

As a small frequency of my infant, most of my day is spent on the line. When I come home late from school, or from work the last thing I want to hear is the light switch across it of a baby. It would be my lucky day if there was just one, but instead I get used to it a whole bundle of them seated in their cribs, strapped into their mother's legs, run along around the front of the bus and so on.

Another place where babies and little kids seem to spend their free time is in the grocery stores. You hear them not make over pulling for chocolate and the rest of the store. They may just see like they're being chased by hungry lions.

What worries me is not the babies themselves but the mothers. When I take a look at where child is screaming there breaks out on the line. I



Nicole Delisle
Opinion

into being strong and you make of these because they girls have been having child care.

I find that when you have a child your whole life becomes devoted to him or her. You do a hard to do that when you're kids doing that and not time back on the local primary care.

How many of the girls who are pregnant or have child care at such a young age are still with the fathers of the child?

I find that in a very important question in the end between a's hard enough to raise a child with two young parents, much less with one. Even if the teen parents get to and help, there's only so much they can do, as they have full time jobs of their own.

Times on pregnancy last however the most hard and I wouldn't be surprised if this period of 1960s boomers began on the age of the 20's baby boomers.

often see a young woman no older than 20, sitting there making Contraception while her child is in the face. I know many of my classmates from high school are pregnant or have already given birth to their first child.

This brings me to my next point: is pregnancy after pregnancy a woman's main priority?

Instead of going to school, getting an education and a good job where they can support themselves, go get fresh out of high school pregnancy.

This world's population is already incredibly high, and is a fact that it will not go back down. As a consequence, food prices have sky rocketed, the unemployment

Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer.

Letters will be printed as far as possible.

No anonymous letters will be published.

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Expand your horizons abroad

Students learn about benefits of studying overseas

By JACOB BROWN

Studying abroad doesn't always mean studying just a semester.

The 25th annual Study and Go Abroad Fair was held at the Metro Toronto Convention Centre on Oct. 1 and 2. The fair attracted and helped students who are considering working and study opportunities.

The weekend-long event, which is the largest international university fair in Canada, showcased students to locations, their programs and included numerous sessions on the career value of studying abroad, scholarship and award opportunities and to discuss information on specific institutions and the programs they offer.

Prospective students also had the opportunity to visit many of the individual

booths.

"Students who are even considering studying abroad, had an opportunity to meet directly with university representatives from all over the world to find out more about program choices, fees, scholarships available and admission requirements," said Maria Iida, director of sales and marketing for Kowal in Canada Place. The Toronto fair offers information on college and university programs in Australia, England, Switzerland, Italy, Finland and many more.

"This was really a unique opportunity," said Iida.

Also attending the event was a member of The Skills Guide to Living and Working Overseas, Jean-Steve Haskay. The "guide for international travel" looked all the way with a summer in

soon filled with global career skills designed to help start prospective students' transnational career and motivate them to travel abroad.

Charrel Duncan, a third-year applied science student at Queens University, jumped at the chance of working abroad for a work opportunity before the start of university and would encourage anyone to do it.

"I went to Lübeck, Germany for three and a half months to be an au-pair, which gave me an opportunity to experience the culture and language of Germany while staying with a host family and helping to raise their children," Duncan said. "It was an experience that has allowed me to become more adventurous and independent, and it meant a lot of great new people."

While most students may feel weary of the pros that come along with the decision to study abroad, Iida diagnosed and helped them in a large number of possible ways to help fund your trip.

■

This was really a unique opportunity.

— Katie Iida

■

"Many students think that it's too expensive to study overseas, but it really doesn't have to be the case," she said. "Many universities have very reasonable fees, and there are a lot of scholarships available for Canadians."

Studying abroad wasn't the only focus of the fair, as many related to volunteerism, work programs and what to expect when you return. They also helped inform them in making a decision about returning somewhere new.

People who attended the fair were able to find out about volunteering options, working abroad, learning a language overseas and taking microvolunteering. "Really, there's something for everyone," Iida said.

The free event also took place in Ottawa and will move on to Vancouver and Calgary throughout October.

If you were unable to attend the Study and Go Abroad Fair and would like more information, there are numerous tips and resources available on their website at www.studyandgoabroad.com.

Students love new F-wing and equipment

By MICHELLE JONES

Meet Sam Mann. He is 6'11", not blind, but can be a great listener. Every time he sees you, you take his breath away, so remember proper short conversation techniques. For the most part he is your life and I except he isn't actually alive.

Meeting students at Conestoga College got to take care of Sam Mann on a daily basis at the new F-wing addition. Sam Mann is an excellent listening life-size simulation mannequin that costs roughly \$10,000.

With 35,000 square feet, the new F-wing offers nursing and health sciences students new equipment and state-of-the-art learning facilities.

Now for the reasons of love, was the addition worth it?

"We were that they got money back into the program," said Michelle Menzies, a second-year nursing student.

"Everything is so shiny and new."

Another second-year nursing student, Lindsay Roberts, said the new addition was

able to have more students to take classes.

"There was a lot of new beds and equipment now. It gives us a better chance to compete with other health science students," said Roberts. "Not only is it beneficial to us, but it will definitely bring more students to the school — I think it was a good investment."

The F-wing was designed to be student and faculty friendly. There are spaces for students to organize each other to access learning stations. Real life simulations give students a chance to work under pressure and see if they have what it takes to be a paramedic, a nurse, a respiratory therapist or a firefighter.

Conestoga College president John Tibbels said the F-wing addition cost close to \$10 million, including equipment.

"We are very pleased with the F-wing. It was done on time and on budget. Students seem to be excited," he said.

Overall the new equipment and addition seem to be paying off for both faculty and students, and Sam Mann is getting the attention he needs.

COUNSELLOR'S CORNER: Mature Students

Post-secondary education is a journey of exploration, one that stretches comfort zones and addresses diverse ways of thinking and doing. Returning to school after years of being out in the workplace or raising a family can be intimidating, challenging, and sometimes daunting, and depicts a wealth of life experience from work, home, or prior training, adults feel secure of what is expected of them in the college environment.

Mature students are apprehensive about returning to school and are concerned about how they will perform academically. Their challenges are different than those of younger students, including, but not limited to, balancing parenthood and home life with school, and reinforcing and/or developing study and research skills. It can take time to adjust and an important part of that adjustment includes developing competence in learning, a willingness to utilize resources, and openness to learn from peers.

Here are a few observations about mature students that might ease some of the uncertainties about returning to learning.

- 1. **KNOW THAT MOST ADULTS FEEL APPREHENSIVE ABOUT RETURNING TO LEARNING.** The work is, that most adults do very well if not better than they did before, and they actually enjoy it.
- 2. **THINK ABOUT WHY YOU ARE RETURNING.** Don't be surprised if you find reasons other than the ones you had anticipated for pursuing your learning.
- 3. **DO WHAT IS RIGHT FOR YOU.** There is no right way to do this. Think about what is important to you and how it will build your life, consciousness and goals.
- 4. **MAKE YOUR WELL-BEING A PRIORITY.** Don't compromise on the things that keep you physically, emotionally, and spiritually well. Make sure you build them into your schedule.
- 5. **DISCUSS YOUR PLANS.** Think about how others in your life might support you.

The Counseling Services Office can help. For more information, contact Counseling Services 343-001.

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THURSDAY OCTOBER 13TH

Local pawn stars

STORY AND PHOTOS BY BARRIE HAYNES



A drive-in car DVD, guitar and jewelry fill the shelves at Main Street Pawnbrokers.

The pawn shop, at 100 West St. in Cambridge, has been family owned and operated for 13 years. Alexander (Alex) Belanger, originally from Montreal, runs the Cambridge store.

The pawn shop's shelves are predominantly stocked with electronic items, such as flat screen TVs, Blu-ray DVD players and cameras, while a variety of guitars line the walls. According to Belanger, the strongest item in the store is credit and not 12 string electric bass guitars.

"It's proven and well made," Belanger said. "The guitar's just big as \$400."

While he sells in and out of the pawn shop, sales between 20 and 50 people per day, the number of items sold is not what the shop is initially based according to Belanger. Alex, otherwise known as buying and selling items available to the general public, such as Kijiji, has not had a significant impact on Main Street Pawnbrokers, he said.

According to Belanger, people who are buying from or selling to Main Street Pawnbrokers are not used to connected with Kijiji as an option on where they can complete their transaction.

Having only limited experience with Kijiji, when Belanger, a second-year BBA student at Cambridge College, had been aware from inside a pawn shop "Yes, he believes my advice according their shops but being happy they did."

"There is a problem," said Pothier. "The market is difficult for people to use things and then sell them, he said. Each municipality has its own system according to pawn shops, Belanger said. "Cambridge, Kitchener and Waterloo have the same system."

Individuals selling, no more credit supply with three sales. Each individual must be 18 years old. Second, each individual must provide two valid



Main Street Pawnbrokers has been family owned and operated for 13 years.

proof of photo identification. Finally, all items must be held for 13 days from its purchase date for "first purchase," he said.

Thinking all items for 13 days allows people the opportunity to identify a match between newly purchased items and previously stolen goods, Belanger said.

It takes time to develop a strong relationship with customers, someone who has bought a stolen item into the shop he said. "After 15 years, you can tell if you are the right person and they give you the strong answer, you know what is it."

"When it's obvious an item has been stolen, no shop, they don't buy it," Belanger said. "We honestly say no thank you."

DO YOU KNOW?

Pawn shops run a buy back program that allows you the opportunity to purchase your item back, when Main Street Pawnbrokers offers an interest-free, 30-day buy-back program.

Here's how it works:

1. Sell your item to the pawnbroker with the intention of returning within 30 days to purchase it back.
2. Rather than displaying your item out front, your item will be kept in the back.
3. I will call in their sale for 30 days to give you time to buy it back.

This program is available for a limited fee.

Candidates tell us what they'll do for you

Continued from Page 1

"I haven't been interrupted by any business and I have two kids, which I consider to be the best of my riding and the Green party."

What will you do for the student?

Her first plan to introduce a tuition freeze. He also plans to "create more education to give the certified field of Red, Red, and Green." And third, "our government will create a new system, which will allow us to take on an opportunity and see them able to take on an opportunity of their own."



Louise Pothier, Liberal Party of Canada

Party Platform

"Our platform is about providing you with a plan for the future, one that will not be an overnight success, but one that will be a success in the long term. We will be in the future, and we will be in the future."

Pothier's intention, but a strong economy will allow us to move in time to improve the quality of life in Canada, such as schools, hospitals and the civil service.

Political Experience

Pothier was elected as the Kitchener-Cambridge riding's MPP in 2007. She is a full-time parent as a member of the legislature and helped create a program to reduce Ontario students in managing finance.

What will you do for students?

Pothier said the Liberal party has plans to continue supporting education beyond what they have already done. "We also want to create 60,000 more post-secondary education

spaces, provide a 5 per cent undergraduate tuition grant for low and middle-income families and extend the OSAP grant program for those entering the non-profit sector."

Mark Harris, Ontario PC Party



Harris

Party Platform

- 1. Create a new "Ontario Skills Fund" to help students with their education.
- 2. Lower the tax burden on small businesses and create a new "Ontario Skills Fund" to help students with their education.
- 3. Invest in education, colleges, universities and health care.
- 4. Close up waste in government.
- 5. Keep our universities and colleges open.

Political Experience

Harris graduated from the business management program at Cambridge College. He has since

completed the Leadership Ontario program. Harris currently works as a business development manager at Cambridge. He has served on Kitchener city council.

What will you do for students?

- 1. Increase funding for colleges and universities to help address the need of control tuition increases under the Ontario Liberal Party.
- 2. Create more than 200,000 new apprenticeship opportunities over the next 10 years.
- 3. Create up to 60,000 post-secondary spaces for students in Ontario.
- 4. Invest in education to make it more accessible.
- 5. End the large scholarship program that has international students attend at Ontario colleges.

Mark Harris, New Democratic Party

(2nd and 3rd years in school, after which he will move from his studies)

Party Platform

- 1. Make life affordable.
- 2. Create and protect jobs.
- 3. Invest in the future.
- 4. Live within our means.
- 5. A Sustainable green economy.
- 6. Change the way Ontario works.
- 7. Support for the Mark Harris.
- 8. A Sustainable economy and environment plan.

Political Experience

Harris has worked as a Marketing Manager at various times of his life, politically involved since moving to Kitchener in 2000.



Harris

What will you do for students?

Harris wants to lower tuition fees and reduce the amount of money that students have to pay for their education.

Hot yoga spreading like wild fire

Bikram Yoga attracts a variety of different ages and genders

By JESSICA MARTIN

Several mind-blowingly deep off-mat asanas exposed in this session. Sweaty, glowing, pools on the floor and drips of sweat trickle down the walls and drip silently in the air. The instructor softly instructs for more and begins the class.

Even celebrities are practicing. George Clooney, Lady Gaga, David Beckham, Ashton Kutcher and Madonna just to name a few, are taking part in the different mat that is spreading across Canada.

It's a fitness trend the Bikram yoga.

This yoga includes 26 yoga postures and four breathing exercises, all completed in a 90°C studio.

It is one of the oldest, but most popular forms of hot yoga created by a man named Bikram Choudhury. It isn't Choudhury, his student does and his guru spiritual leader three years to put together this specific set of postures.

"We always do the same postures in the same order because that's the way it works," said Meghan Hachen an instructor at Bikram Yoga in Kitchener. "It's always the same you go up like the next position. They all work together."

"Breathe in deeply. Hold your breath. Release slowly," the instructor says. "And again. Breathe in deeply. Hold your breath. Release slowly."

David Alexander, teacher of Bikram Yoga and there are many forms of hot yoga.

"Doing hot yoga is like you eat hot food. There are so many different kinds of hot food: barbecue, steak, ribs, potatoes, pizza and more," he said. "Hot yoga is the same way and Bikram yoga is the most unique form."



Bikram Yoga studio on Brimley Street in Kitchener started in April 2006. A variety of people attend the yoga classes, that are offered at the studio. All classes are held from 6 a.m. to 6 p.m.

There are benefits to doing yoga in a warm room in a room of regular temperature.

"I never got the body on there's less chance of injury, it gets your heart beating faster so you burn more calories and it dilates your blood vessels so the blood flows through your body more quickly."

"Bring your right arm under your left arm, interlocking them, and fold your hands together tightly," the instructor says. "Now bring your left leg over your right leg and cross your left foot behind the right calf muscle. Slowly lower into a sitting position keeping your back straight. This is the eagle pose."

Hachen said this pose is best offered for students.

"It's 90 minutes where you

don't have to do your home work, you don't have your cell phone, you're not on Facebook and you can't talk to anybody," she said. "When you're done, you're relaxed and you can breathe. You have more time for when you go back to your home work."

A variety of people attend these classes.

"It's college students, older people, students, yoga experts, people, students, older women, retired women, etc. That's what I think is really cool," Hachen said. "You can be in that room with all these different people but you're all doing the same thing."

Study student Alexia Jones. Looking the day before a strong state of mind on the mat.

Lynne O'Keefe, receptionist and regular participant in yoga classes, said Bikram yoga is hard for everyone. "It doesn't matter how experienced you are," she said. "It's completely day in day. Every day you need to take a knee, some days you can make it the full 90 minutes."

Bikram Yoga's studio in Kitchener offers 30 classes a week from 6 a.m. to 6 p.m. They have yoga classes around Kitchener College offering deals for students wanting to participate.

Several options are now incorporating all levels. Before they said and relaxed on yoga mats. Breathe deeply. Release slowly. This class starts to end.



People at Bikram Yoga Kitchener studios before more difficult poses.

GLBTQ Welcome Night rescheduled to 5 p.m. today

By MARCO S. MERRILL

We are all the same in many ways, but it is what makes us different that we define who we are. Welcome your sexual orientation at it is best to be in an environment where you feel welcomed and accepted. College does just that.

The GLBTQ Welcome Night gives students the opportunity to connect with others with similar interests. Originally scheduled for Sept. 13, the event was cancelled due to

the college strike. It will now be held today from 5 to 7 p.m. on Room 1223.

According to Ryan Connell, Student Life program, it was not going to be cancelled and instead. However, due to popular demand and a high volume in the event, a decision was formally made. He received many emails expressing interest, such as, "when is it happening again?" and "when is the next one?"

The event is made for students who identify them-

selves as gay, lesbian, bisexual or transgender and questions are GLBTQ, but is also open for the straight community.

In a May 12 article in the Toronto Star, more than three quarters of high school students in Canada who identify themselves as gay or lesbian had come to school. A high percentage of them are also harassed.

The welcome night is an opportunity to learn about what resources and supports are available here on campus

to ensure that students are successful. With the help of the Support Committee, the college is promoting respect and acceptance throughout the campus with posters that encourage sexual orientation as well.

"We want to show students that this is a welcoming environment, that in the time and the expectations of anyone going to college and that this is a place where you can feel like you belong," Connell said. Last year was the first year they held the GLBTQ

Welcome Night and it was very successful. Attendance can expect relaxed students, testimonials and discussions from upper-year students, and students to get to know each other. It is also a chance to join the Connors Pride Club which offers support within the college.

Visit the Student Life website at the college website (www.college.ca/students-life) for information regarding GLBTQ students and more are within the college.

Attacking the Midwest division

Who's hot, who's not in the OHL this season

By Jeff Hennen

The Ontario Hockey League season started on Sept. 21 with the Owen Sound Attack, the defending champions, defeating the Plymouth Whalers 4-2. The Attack won the OHL championship last year when they beat the Mississippi Majors in seven games. The following is a preview of the Midwest division for the 2011-2012 season.



Erie Otters



Owen Sound Attack



Kitchener Rangers



London Knights



Guelph Storm

Season Expectations:
After being on the underdog perch for much of last year, the Erie Otters came into the season with high expectations. The Otters will be one of the older teams in the division with lots of veteran leadership. The forward depth is the key that could determine whether the Otters push for a division title.

Player to Watch:
Cody McManis, a Toronto Maple Leafs prospect came into the season on a high note after a stellar 2011-12 campaign where he scored 49 goals. McManis is a big, physical player who will be expected to provide goal scoring and leadership as he arrives on the team a captain for the second straight year.

Breakout Player:
Trevor Timmerman was acquired in the offseason and will come into the season as the team's starting goalie. The 19-year-old has been involved from his young career and his leadership is dead weight with the team, he will need the starts.

Unsung Hero:
Mike Connolly is one of the better coverage players and will be counted on one of the leaders. The forward scored 36 goals the first two years ago and another year like that could give the team a huge boost down the stretch.

Season Expectations:
After being a product what the Owen Sound Attack will do look after winning the OHL championship last season, the team comes into the season as the division favorites. The team has a good pair of their team from last year's first and also traded for all star center Daniel Colebourne.

Player to Watch:
Daniel Colebourne was recently traded in the off season and has high expectations for the upcoming season. The former first overall pick in a world-class talent and plays the game at a high tempo. Colebourne will help provide offense for the team and will be used on the first-line center.

Breakout Player:
Jerrad Mulvane might have scored the biggest goal of his life last year, but the second year center still has lots to prove and will be given a top six role. Mulvane came in big frame and has quick hands in his defense team. He will be the one to take the team to the next level and has a strong chance of being a future superstar in the league.

Unsung Player:
Matt Prosser is a hard-working defenseman who will be counted on to bring lots of time this season. For the Attack, after being the team was the OHL this last season, the veteran defenseman will have to lead the hockey club. Prosser is one of the better two-way defensemen who puts up a lot of points.

Season Expectations:
After being early in the playoffs last season, the Rangers lost their captain, Colby Langford and were won forward Jason Akers and Matthew Toffi. But on a positive note, the Rangers were able to obtain American goalie John Gibson for this season and he will lead the way for the team. Gibson's new captain, Michael Colebourne, will have to live an injury-free year for the Rangers to get to the next level.

Player to Watch:
Ryan Murphy is a real live one of the most explosive players in the OHL this year. The first star with the goal in one of the best in the league and he will be counted to play even better than last year. If the Rangers are going to have any success this year, Murphy will have to have a career year and be better defensively.

Breakout Player:
Miles Murray is one of the best players in the OHL, however, goal scoring was hard to come by last season. Murray's breakout last year with 11 goals and will be heavily counted on as one of the leading goal scorers this year. Murray's play is explosive and has shown flashes of being a future superstar in the league.

Unsung Hero:
Justin Malcher is one of the best defensive players on the team. The team's starting defenseman will not "give up" anyone with his offensive skills but he provides a hard shot from the point.

Season Expectations:
The London Knights had a very busy offseason, releasing the team after a 2011-12 season full of struggles. The team drafted forward Ben Burrows in the first round and also traded for Max Domi from Kingston. The Knights also went out and traded up in the Ontario Hockey League draft, selecting Finnish defenseman Olli Maatta.

The Knights could be the dark horse of the division and have the potential to come from behind.

Player to Watch:
Andrew Athanasiou only had 11 goals last year but the speedy winger put better as the season went on. Athanasiou was one of the best forwards for Team Canada at the Under-18 Championships. Athanasiou has his speed and his quick release to his advantage on the ice, and he has superior potential.

Breakout Player:
Scott Harrington plays a very sharp two-way game and he is not afraid to move the puck. This being said, Harrington plays a smart and a safe game. He is the type of defenseman who will be 30 minutes on a night for the Knights.

Unsung Player:
Chris Smith, a 50-year-old forward will not blow away anyone with his skills but his consistent hockey IQ leads him to the high traffic areas. Smith is a hard and cold type of player and the Knights will depend on him for veteran leadership.

Season Expectations:
The Guelph Storm might struggle this year after an up-and-down season last year. The team lost forwards Taylor Beck, Peter Holland, Michael Latta and Richard Park in the offseason, so moving will be hard to come by.

Player to Watch:
Cody McManis will have a lot of pressure on his shoulders this year after starting the season as the team's lead goal scorer from last year. The fourth-year winger scored 16 goals for the club last season. For Guelph to have any success this year, McManis will need to have a career year.

Breakout Player:
Preston Manning is a two-way center who will have every chance to breakout this year. Manning plays a smart game and is one of the best working players on the team. With little depth in forwards he will have the chance to play with the top guys and will have even more power play time this season.

Unsung Hero:
Matt Peca was one of the more impressive defenses in the OHL last year and has the potential to put up more points. The team's starting defenseman disappointed on the depth chart last season. Peca has a hard shot from the point and has the ability to score more goals this year.

Volleyball tryouts have late start

By JAKE BERENDSON

With support workers back across the school campus again, it's time for athletes to start making some sense of their own.

Men's and women's volleyball tryouts began after the recess period, except for the first tryouts of school.

The delayed start has caused some minor setbacks for the teams including low attendance at tryouts and the inability to practice.

The women's team had only five players attend the first tryout on Sept. 22. Although the numbers increased to 12 players on Sept. 23, the team's coach, Mark Gossard, is encouraging more athletes to try out. The team will practice on Mondays and Thursdays from 5-6 p.m.

"We had the next few weeks off for the coming back into school for the volleyball team because we were delayed on a result of the labour dispute," said Gossard.

Players who made it to try out on either attempt a practice on Sept. 24. Gossard said

mark Gossard's son, Gossard, played for Coquitlam during the 1999-2000 season as a setter. Coquitlam's volleyball team was discontinued the following year and Gossard's play at a varsity level went last season.

The team will also have help from Malvern O'Hara who has played for Preston High School and the Western Tigers in the Ontario Volleyball Association.

The men's team began their tryouts at Jack Hayslip Secondary School just before the strike ended. After making sure the team returned to Coquitlam for their first practice on Sept. 23, Gossard says some guys have already been made, arrange with Joe Morrison and they might make more players to try out because the strike caused an unusual start to the school year.

Morrison was the team's head coach and coach last season and is looking forward to making a playoff run on the athletic council this year.

"The goal is to make the

playoffs," he said. "We are actually in the toughest division, which is the West Division, so we have a lot of work and not for ourselves."

Last season, the team had the three top teams in the league — Stouffville, Richmond Hill and Markham. The women's team will also have to compete against the best of last year's Ontario Colleges Athletic Association (OCAA) teams: Simcoe, Peterborough, Markham and Niagara were the top four teams last year and will compete at the next with Coquitlam.

Both teams are looking to improve from last year's season and continue to develop the school's volleyball program. Morrison described Coquitlam as having a lot of new talent because they don't have as much OCAA experience as some other schools.

"It's a building stage," said Gossard. "They didn't have a team for the last 18 years. They were building a new team and I think that trend will continue."

The women's team has five returning players this season



PHOTO BY JAKE BERENDSON

The women's volleyball team had another tryout on Sept. 23. Although they had seven more players come out, coach Mark Gossard is still encouraging more students to try out.

while the men's team has three.

Both teams will travel to Markham to begin their season on Nov. 4 and Nov. 5, competing against Coquitlam and Niagara.

Returning player and third-year construction engineering

technology student, Joe Morrison, said he is looking forward to a fresh start and new personal experience.

"Being able to represent the team that are pretty much standing on their own," he said. "I love being the underdog, so it will be fun."

Our varsity sports teams win some, lose some

By JAKE BERENDSON

The women's rugby team played their first game on Sept. 23 in Simcoe. The Ontario team triumph with a 30-7 victory.

"I was really happy for the girls who won the first game for Coquitlam," said coach Jack Kirk. "They demonstrated some great skill and really played well when they had us. We have lots of room for improvement and the entire team is excited for the rest of the season."

Head coach Bruce Fraser was the Ontario Colleges Athletic Association (OCAA) Athlete of the Week for women's rugby after scoring Coquitlam's first victory by

Cross Country. The men's and women's cross country teams met at Port Huron for an invitational run on Sept. 23. The women's team participated in a 5 km run while the men's team ran a 4 km.

Football
Stephens Middle placed 7th out of 44 members with a time of 32:55.
Mark Beckett placed 12th - 32:50.
Emily Erik placed 29th - 34:20.

Men's
Frederick Henshaw placed 18th out of 58 members with a time of 32:15.
Robert Brinkley placed 41 - 32:25.
Chris Keston placed 45 - 32:20.

Football
Paul Andrew McChes placed 52 - 33:47.

Women's
Sept. 23 Won 3-0 against Markham. PW Secondary. Fraser was OCAA Athlete of the Week for women's soccer after she scored all three goals.

Sept. 23 Lost 3-0 against Port Huron.

Sept. 23 Markham. Markham 2-3 against Port Huron.

Sept. 23 Lost 3-0 against Port Huron.

Football
Women's
Sept. 23 Lost 10-0 against St. Clair (played 6 minutes).
Lost 6-4 against St. Clair (played 7 minutes).

Rugby
Sept. 23 Won 35-0 against Markham.

Women's
Sept. 23 Won 10-7 against Simcoe.

Now Rescheduled!

Meet other students on campus

Student from upper-year students

Hear Welcome Night

Learn about the on-campus resources

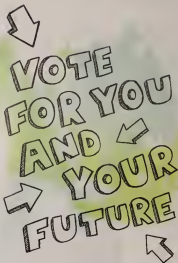
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Send us an email at respect@conestogac.on.ca

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NEW DATE!
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Hosted by CfStudentLife.com



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